

## CLAIMS

Therefore, having thus described the invention, at least the following is claimed:

1        1. An interdiscal tensiometer, comprising:  
2              a load measuring means for measuring load between two points; and  
3              a distance measuring means for measuring distance between said two  
4              points.

1        2. An interdiscal tensiometer, comprising:  
2              a pair of primary members being hingedly fixed together, each one of said  
3              pair of primary members having a contact tine;  
4              a tension measuring device for measuring load said contact tines;  
5              a distance measuring device for measuring distance between said contact  
6              tines;  
7              wherein said contact tines are adapted to engage a pair of intervertebral  
8              bodies such that said load measuring means can measure a load therein and said  
9              distance measuring means can measure a distance therebetween.

1        3. A method of using an interdiscal tensiometer, comprising the steps of:  
2              a pair of primary members being hingedly fixed together, each one of said  
3              pair of primary members having a contact time;  
4              inserting each of said contact tine between at least two vertebral bodies;  
5              measuring a load between said at least two vertebral bodies; and  
6              measuring a distance between said at least two vertebral bodies.